



 **100%**  
HEALTH SCORE

## California Turkey Chili

 Dairy Free  Very Healthy

READY IN



160 min.

SERVINGS



4

CALORIES



839 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 15 ounce cannellini white rinsed drained canned ( kidney beans)
- 1 celery stalk chopped
- 3 tablespoons chili powder
- 0.3 cup cilantro leaves fresh italian chopped
- 2 teaspoons brown sugar dark packed ()
- 1 tablespoon flour all-purpose
- 4 large cloves garlic peeled smashed chopped

- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 1 tablespoon ground cumin
- 1.5 pounds pd of ground turkey dark ( meat)
- 0.3 teaspoon kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 1.8 cups low-salt chicken broth organic (preferably )
- 3 cups low-salt chicken broth organic (preferably )
- 0.3 cup olive oil extra-virgin
- 1 large onion chopped
- 1 teaspoon mexican oregano dried crushed
- 0.3 cup pinenuts
- 2 large poblano chiles diced stemmed seeded
- 7 ounces grain quinoa whole
- 4 tablespoons tomato paste
- 4 servings garnishes shredded sour white such as chopped onion, cheddar, chopped tomatoes and/or cream assorted
- 4 servings garnishes shredded sour white such as chopped onion, cheddar, chopped tomatoes and/or cream assorted

## Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- oven
- pot
- sieve

## Directions

- Watch how to make this recipe.
- Heat the oil in a heavy, large pot over medium-high heat.
- Add the garlic, poblanos, celery and onions.
- Saute until the vegetables soften, 5 to 6 minutes.
- Add the turkey and saute until no longer pink, breaking up the turkey with the back of a spoon, about 7 minutes.
- Sprinkle the flour over and stir to blend.
- Add the tomato paste, chili powder, cumin, sugar, oregano, 1 teaspoon salt, 1/2 teaspoon pepper, cinnamon and cloves. Cook 1 to 2 minutes, stirring to blend.
- Add the broth and beans. Bring to a simmer. Reduce the heat to medium-low and simmer until the flavors blend and the chili thickens to desired consistency, stirring often, 20 to 30 minutes. Season with more salt and pepper.
- To serve, spoon Simplest Quinoa and Pine Nut Pilaf into deep bowls. Ladle chili over.
- Serve with garnishes.
- Cook's Note: Other garnishes that you could offer: chopped radishes, pickled jalapenos, crumbled cotija cheese, tortilla chips and/or pico de gallo.
- Place the quinoa in a fine sieve. Rinse under cold running water 1 full minute. Set aside to drain.
- Bring the broth, salt and pepper to a boil in heavy, medium saucepan over medium-high heat. Stir in the quinoa. Cover, reduce the heat to medium-low and simmer until the quinoa is tender and all the broth is absorbed, about 15 minutes. Turn off the heat.
- Let the quinoa stand, still covered, for 10 minutes.
- Meanwhile, preheat the oven to 350 degrees F. Scatter pine nuts on a small rimmed baking sheet. Toast the nuts until golden, stirring occasionally, about 5 minutes. Cool on the baking sheet.
- Mix the cilantro and pine nuts into the quinoa.

## Nutrition Facts



■ PROTEIN 30.76% ■ FAT 32.34% ■ CARBS 36.9%

## Properties

Glycemic Index:86, Glycemic Load:5.95, Inflammation Score:-10, Nutrition Score:58.342174156852%

## Flavonoids

Apigenin: 10.82mg, Apigenin: 10.82mg, Apigenin: 10.82mg, Apigenin: 10.82mg Luteolin: 3.95mg, Luteolin: 3.95mg, Luteolin: 3.95mg, Luteolin: 3.95mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg

## Nutrients (% of daily need)

Calories: 838.57kcal (41.93%), Fat: 31.29g (48.14%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 80.35g (26.78%), Net Carbohydrates: 64g (23.27%), Sugar: 9.14g (10.16%), Cholesterol: 93.55mg (31.18%), Sodium: 556.56mg (24.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.97g (133.94%), Manganese: 3.02mg (151.17%), Vitamin B3: 24.14mg (120.71%), Vitamin K: 123.58µg (117.69%), Vitamin B6: 2.31mg (115.58%), Vitamin C: 81.37mg (98.63%), Phosphorus: 985.51mg (98.55%), Folate: 278.75µg (69.69%), Selenium: 46.53µg (66.48%), Magnesium: 261.86mg (65.46%), Fiber: 16.34g (65.38%), Iron: 10.79mg (59.95%), Potassium: 2082.31mg (59.49%), Copper: 1.14mg (57.02%), Vitamin A: 2835.47IU (56.71%), Vitamin E: 7.84mg (52.27%), Zinc: 7.33mg (48.85%), Vitamin B1: 0.62mg (41.31%), Vitamin B2: 0.65mg (38.11%), Vitamin B5: 2.41mg (24.12%), Vitamin B12: 1.15µg (19.13%), Calcium: 161.77mg (16.18%), Vitamin D: 0.68µg (4.54%)